Mrs Parker's Group  
Beetroot Keftedes

**Season:** Spring  
**Type:** Vegetable  
**Difficulty:** Medium  
**Serves:** 6 or 15 tastes  
**Fresh from the garden:** beetroot, spring onions, dill, mint  
**Recipe source:** The Modern Vegetarian

### Equipment:
- steamer  
- knives  
- chopping board  
- grater  
- scales  
- tablespoon  
- saucepan  
- slotted spoon  
- kitchen whiz  
- bowls  
- paper towel

### Ingredients:
- 200g fresh beetroot, steamed, peeled and coarsely grated  
- 2 spring onions, finely chopped  
- 3 tbsp parmesan, grated  
- 240g feta cheese, crumbled  
- 1 egg, beaten  
- 2 tbsp dill, finely chopped  
- 2 tbsp mint, finely chopped  
- 220g fresh breadcrumbs  
- 60g plain flour  
- Peanut or vegetable oil, for frying  
- 1 lemon  
- Salt and black pepper

### What to do.
- Mix the beetroot, spring onions, cheeses, egg and herbs together.  
- Season, then mix in enough breadcrumbs to bind the mixture.  
- Cover and refrigerate for 1 hour.  
- Shape the mixture into golfball-size pieces, adding a little flour if the mixture is too wet.  
- Season the flour with salt and pepper and coat the balls in it.  
- Heat the oil until hot, but not smoking, and fry the pieces in batches for 2-3 minutes until golden all over.  
- Remove with a slotted spoon and drain on paper towels.  
- Serve hot with a squeeze of lemon.